

Nutrition and Physical Activity (NPA)

This concept area focuses on essential content students need to know about nutrition and physical activity.

Grades PrK-2

HE1: Self Management

Students will understand how to reduce their health risks through the practice of healthy behaviors by....

- a. Selecting a variety of foods that can be eaten for healthy snacks.
- b. Creating a list of foods that should be limited.
- c. Identifying a variety of physical activities that are personally enjoyable.

HE2: Core Concepts

Students will show an understanding of health promotion and disease prevention concepts by....

- a. Identifying habits that are healthy and reduce the risk of disease (e.g., healthy food choices, regular physical activity, drinking water, adequate sleep and rest).
- b. Explaining the importance of eating a variety of nutrient-rich foods.
- c. Identifying a variety of nutritious food choices.
- d. Identifying a variety of ways to be physically active and raising heart rate.

HE3: Analyzing Influences

Students will show understanding of how culture, media, peers, family, and other factors influence healthy behaviors by....

- a. Explaining how culture, media, peers, family and other factors influence eating behaviors and physical activity.

HE5: Interpersonal Communication

Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community by....

- a. Demonstrating appropriate communication skills when asking adults/caretakers to offer healthy foods and time for physical activity.

HE6: Goal Setting

Students will demonstrate the ability to set personal goals to enhance health by....

- a. Setting a short-term personal health goal for healthy eating and physical activity.

HE7: Decision Making

Students demonstrate the ability to make decisions that lead to better health by....

- a. Explaining when assistance is needed in making health-related decisions, (e.g., family members and other adults help students make healthy food choices).

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Grades 3-4

HE1: Self Management

Students will understand how to reduce their health risks through the practice of healthy behaviors by....

- a. Choosing a variety of healthy foods in appropriate portions.
- b. Identifying protective behaviors and strategies to avoid unhealthy situations, (e.g., preparing and storing food in a safe and sanitary way).
- c. Comparing behaviors that are safe to those that are risky or harmful, (e.g., the use of protective equipment for physical activity and sports).
- d. Identifying strategies for engaging in physical activity each day a minimum of 40 minutes.

HE2: Core Concepts

Students will show an understanding of health promotion and disease prevention concepts by....

- a. Identifying and classifying foods, including recommended amounts to eat according to MyPyramid.
- b. Identifying major nutrients supplied by food groups necessary for growth and maintenance.
- c. Describing strategies to improve or maintain personal health, (e.g., choosing a variety of ways to be physically active).
- d. Explaining the importance of a safe environment and the use of protective equipment for physical activity and sports.

HE3: Analyzing Influences

Students will show understanding of how culture, media, peers, family, and other factors influence healthy behaviors by....

- a. Analyzing how family, school and media influence eating habits and physical activity choices.

HE4: Accessing Information

Students will demonstrate the ability to access valid information and/or resources about health issues, services and products by....

- a. Using the nutrition information on food labels to compare products.

HE5: Interpersonal Communication

Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community by....

- a. Demonstrating how to ask for nutritious foods.

HE6: Goal Setting

Students will demonstrate the ability to set personal goals to enhance health by....

- a. Identifying factors and resources to assist in achieving a personal health goal, (e.g., being active before, during and after the school day).

HE7: Decision Making

Students demonstrate the ability to make decisions that lead to better health by....

- a. Demonstrating the ability to apply the decision-making process to health issues, (e.g., using information on food labels to make decisions about food, creating balanced meals using the MyPyramid).

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Grades 5-6

HE1: Self Management

Students will understand how to reduce their health risks through the practice of healthy behaviors by....

- a. Demonstrating safety strategies for personal health, (e.g., food safety, including sanitation and prevention of food borne illness).
- b. Developing strategies to balance healthy food, snacks, and water intake along with daily physical activity.

HE2: Core Concepts

Students will show an understanding of health promotion and disease prevention concepts by....

- a. Describing the relationship between healthy behaviors and personal health, (e.g., calorie intake and the level of physical activity affect body weight, healthy eating enhances a person's ability to be physically active).
- b. Describing positive health habits for the adolescent, (e.g., balanced nutritional intake is necessary to promote healthy growth and development).

HE3: Analyzing Influences

Students will show understanding of how culture, media, peers, family, and other factors influence healthy behaviors by....

- a. Analyzing how information from peers, family, and others influences food and physical activity choices.

HE4: Accessing Information

Students will demonstrate the ability to access valid information and/or resources about health issues, services and products by....

- a. Identifying resources that provide valid health information and services, (e.g., food labels, MyPyramid, US Dietary Guidelines).

HE5: Interpersonal Communication

Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community by....

- a. Demonstrating effective ways to promote and support positive health (e.g., supporting others to choose healthy foods and be physically active).

HE6: Goal Setting

Students will demonstrate the ability to set personal goals to enhance health by....

- a. Setting realistic short and/or long-term goals for healthy eating and exercise and developing plans to achieve them.

HE7: Decision Making

Students demonstrate the ability to make decisions that lead to better health by....

- a. Analyzing how personal preferences, restrictions, and barriers influence decision related to healthy eating, adequate sleep, and physical activity.

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Grades 7-8

HE1: Self Management

Students will understand how to reduce their health risks through the practice of healthy behaviors by....

- a. Developing strategies for healthy practices to maintain or improve health, (e.g., healthy food preparation techniques, incorporating enjoyable moderate-intensity physical activities into daily routine).
- b. Analyzing characteristics of restaurant menu items and methods of preparation to identify healthier food choices, including fast food.

HE2: Core Concepts

Students will show an understanding of health promotion and disease prevention concepts by....

- a. Explaining the relationship between healthy eating habits, hydration, and physical activity and the prevention of disease.
- b. Analyzing the effects that risky behaviors have on personal health, (e.g., eating disorders affect on personal health, health-related conditions due to the lack or excess of certain nutrients and food supplements and lack of exercise).

HE3: Analyzing Influences

Students will show understanding of how culture, media, peers, family, and other factors influence healthy behaviors by....

- a. Analyzing how messages from media, school, family, and peers influence eating behaviors, food choices and exercise.

HE4: Accessing Information

Students will demonstrate the ability to access valid information and/or resources about health issues, services and products by....

- a. Analyzing the validity of health information, products, and services from a variety of sources including the Internet about the nutritional value of foods, healthy weight management, and eating disorders.

HE5: Interpersonal Communication

Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community by....

- a. Demonstrate the ability to use a variety of communication methods for accurately expressing information and ideas about healthy eating and physical activity.

HE6: Goal Setting

Students will demonstrate the ability to set personal goals to enhance health by....

- a. Making a personal plan for improving one's nutrition and incorporating physical activity into daily routines.

HE7: Decision Making

Students demonstrate the ability to make decisions that lead to better health by....

- a. Describing how their decisions impact the health of themselves and others, (e.g., poor food handling practices, short-term consequences of unhealthy food choices).

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Grades 9-12

HE1: Self Management

Students will understand how to reduce their health risks through the practice of healthy behaviors by....

- a. Demonstrating the ability to use information on food labels to choose nutrient-dense foods, avoid or limit low-nutrient foods, and avoid foods that result in adverse conditions.
- b. Analyzing their personal eating patterns for nutritional adequacy according to the United States Recommended Dietary Allowances.

HE2: Core Concepts

Students will show an understanding of health promotion and disease prevention concepts by.....

- a. Analyzing how eating and exercise behavior can impact health maintenance and disease prevention, (e.g., nutritional practices and levels of physical activity can affect long-term risks for certain diseases).
- b. Evaluating the short and long-term effects of daily physical activity and healthy eating, (e.g., athletic and academic performance, body weight, stress relief).
- c. Analyzing how public health policies and laws influence health promotion and disease prevention, (e.g., food additives and preservatives effect food choices).
- d. Distinguishing between unhealthy and healthy ways to manage weight.
- e. Analyzing the impact of technology on health, (e.g., use of pedometers and heart monitors for enhancing physical activity; television, video games, and computers hindering physical activity).

HE3: Analyzing Influences

Students will show understanding of how culture, media, peers, family, and other factors influence healthy behaviors by....

- a. Analyzing internal and external factors on eating and exercise behaviors.

HE4: Accessing Information

Students will demonstrate the ability to access valid information and/or resources about health issues, services and products by.....

- a. Demonstrating the ability to access appropriate sources of support and treatment available in the community for a variety of nutrition and exercise issues.
- b. Providing evidence to support the validity of nutrition and physical activity information, products, and services.

HE5: Interpersonal Communication

Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community by.....

- a. Demonstrating effective verbal and nonverbal communications skills to enhance healthy eating and physical activity.
- b. Demonstrating the ability to advocate for healthy eating and physical activity.

HE6: Goal Setting

Students will demonstrate the ability to set personal goals to enhance health by.....

- a. Assessing one's nutritional intake, physical activity levels, and health status.
- b. Developing a goal setting plan to achieve a state of well-being; reflecting on barriers and supports; identifying strategies to overcome barriers and enhance supports; and evaluating progress in attaining goals for healthy eating and physical activity.

HE7: Decision Making

Students demonstrate the ability to make decisions that lead to better health by.....

- a. Demonstrating a decision-making process that result in healthy food choices and daily physical activity.
- b. Evaluating the internal and social pressures that influence decisions.